



# Allergy, Asthma & Sinus Center

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## Asthma Classification

### **Mild intermittent asthma**

Episodes of asthma consisting of wheezing, cough or shortness of breath that occur up to twice weekly for less than 1 hour. Waking up less than twice a month due to asthma.

Peak flow stays in GREEN ZONE.

*Treatment: "Quick relief" (Rescue) inhaler for episode and prior to exercise.*

### **Mild persistent asthma**

Asthma is active about once a week, but less than once a day. May affect activity level.

Peak flow stays in GREEN ZONE.

*Treatment: Daily medication for asthma prevention, typically an inhaler corticosteroid.*

### **Moderate persistent asthma**

Asthma is active more than twice a week. It causes you to wake up from sleep more than twice a month. "Quick relief" (RESCUE) inhalers are needed more than 3 times a week. Your activity level is affected.

Peak flow is often 50% - 80% of personal best: YELLOW ZONE.

*Treatment: Daily medication for asthma prevention inhaled cortisone and possibly a combination inhaled cortisone and a long acting bronchodilator. Try to use enough anti-inflammatory medicine so that the "Quick relief" (Rescue) inhaler is not needed more than once or twice daily.*

### **Severe asthma**

Symptoms of asthma persist despite using Theophylline, inhaled cortisone and "Quick relief" (Rescue) inhalers. There is decrease in activity level.

Peak flow is often less than 50% of personal best: RED ZONE.

*Treatment: Higher dose of an inhaled cortisone coupled with a long acting bronchodilator. Use the lowest possible dose of oral cortisone, if necessary.*